

# Is parenting your little one tougher than you thought it would be?



## 1,2,3,4 Parents!

*1,2,3,4 Parents!* can help. Using videos, activities and group discussion, a group leader will help you learn important skills for parenting a young child.

*1,2,3,4 Parents!* was written by national parenting experts who understand the challenges of being a Mom or Dad. Their solutions will help make your family life easier. Sign up today!



### The Authors

Three childcare experts worked together to bring you this program. Prior to founding Active Parenting Publishers in 1983, Dr. Michael Popkin - a proud father of two children - was a family therapist practicing in Atlanta. Dr. Betsy Gard is the mother of three and is a child and family therapist practicing in Atlanta. Dr. Marilyn Montgomery, also the mother of three, is a counselor and professor in Florida.

### The workshop will show you:

- Discipline methods that work
- How to prevent tantrums
- How to make rules your child will follow
- Routines that make life easier
- The best ways to childproof your home
- How to care for your child at different stages
- Great ways to take care of yourself!

Plus you'll meet many other parents of preschoolers - just like you. Each participant gets a Parent's Workbook and tips booklet to take home after the session are over. Take this workshop and see the wonderful difference it makes for you and your family!



### Sign up today for 1,2,3,4 Parents!

#### Session dates and time:

**4-session class**

**Thursday evenings, 6:30-8:00pm  
April 8,15,22 & 29, 2010**

#### Location:

**The Nurturing center's  
Carriage House**

#### To register, contact:

**Michelle at 756-1414 or  
[michelle@nurturingcenter.org](mailto:michelle@nurturingcenter.org)  
Class size is limited.**

#### Fee:

**Individual: \$30**

**Couple: \$45**

**ACTIVE PARENTING PUBLISHERS**

 **the Nurturing Center**  
STRENGTHENING FAMILIES, SUSTAINING COMMUNITIES

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